

Hubungan *Emotional Eating* dengan Kejadian Kelebihan Berat Badan pada Mahasiswa Kedokteran Umum Universitas Diponegoro

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ABSTRAK

Latar Belakang: Mahasiswa Fakultas Kedokteran banyak yang mengalami stres dengan sumber stres yang mayoritas berasal dari masalah akademik. Stres tersebut dapat mempengaruhi perilaku makan yang kemudian dapat berdampak pula pada status gizi.

Tujuan: Untuk menganalisis hubungan *emotional eating* dengan kejadian kelebihan berat badan pada mahasiswa Kedokteran Umum Universitas Diponegoro.

Metode: Penelitian ini adalah penelitian observasional dengan desain *cross sectional* yang melibatkan responden berjumlah 76 orang. Data status gizi diukur menggunakan Indeks Massa Tubuh (IMT) dan data *emotional eating* diukur menggunakan kuesioner *Dutch Eating Behavior Questionnaire 13-items* (DEBQ-13). Data dianalisis secara univariat, bivariat menggunakan uji *Chi Square*, dan multivariat menggunakan uji regresi logistik.

Hasil: *Emotional eating* berhubungan signifikan dengan kejadian kelebihan berat badan sebelum dikontrol dengan variabel perancu dengan $p = 0,014$. Sedangkan setelah dikontrol dengan variabel perancu jenis kelamin, sindrom makan malam, asupan energi, asupan protein, asupan lemak, asupan karbohidrat, dan asupan serat ($p < 0,25$) didapatkan bahwa tidak ada hubungan *emotional eating* dengan kejadian kelebihan berat badan dengan $p = 0,212$. Variabel perancu jenis kelamin berhubungan dengan kejadian kelebihan berat badan setelah diuji secara multivariat dengan nilai p value 0,006.

Simpulan: Terdapat hubungan yang signifikan antara *emotional eating* dengan kejadian kelebihan berat badan sebelum dikontrol dengan variabel perancu.

Kata Kunci: *Emotional Eating*, Kelebihan Berat Badan, Mahasiswa Kedokteran Umum

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The Relation Between Emotional Eating and Overweight in General Medicine Students at Diponegoro University

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ABSTRACT

Background: *Many medical faculty students experience stress, with the majority of stress coming from academic problems. This stress can influence eating behavior which can then also impact nutritional status.*

Objective: *To analyze the relationship between emotional eating and the overweight incidencies in General Medicine students at Diponegoro University.*

Method: *This study, which has 76 respondents overall, is an observational cross-sectional design research project. Body Mass Index (BMI) was used to measure nutritional status, and the Dutch Eating Behavior Questionnaire 13-items (DEBQ-13) was used to measure emotional eating. The Chi Square test was used to examine the data bivariately and the logistic regression test was used to analyze the data multivariately.*

Result: *It was found that emotional eating has relationship with overweight before controlling for confounding variables with $p = 0.014$. Meanwhile, after controlling for the confounding variables of gender, night eating syndrome, energy intake, protein intake, fat intake, carbohydrate intake and fiber intake ($p < 0.25$), it was found that there was no relationship between emotional eating and the incidence of being overweight with $p = 0.212$. The confounding variables gender was associated with the incidence of overweight after analyzed multivariately with a p value 0,006.*

Conclusion: *There was significant relationship between emotional eating and overweight incidencies before controlling for confounding variables.*

Keywords: *Emotional eating, Overweight, General Medicine Students*

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